

MAKUILUANGDI FESTIVAL 2025



19 November 2025

Ancestral Trail Run. From Makhel to Nguangphuning and Makuiluangdi.

Reconnecting our Roots.

Join us for the inaugural Ancestral Trail Run, a first-of-its-kind event in our region that kicks off the Luangdimai Malanwangbo Festival. This pioneering event in our region highlights our deep-rooted connection to heritage and the stories of our ancestors. This is an opportunity to unite, build lasting memories, reconnect with your past, honour your heritage, and awaken your spirit through this transformative journey along the Ancestors Trail.



Why organise a trail run at the start of the Luangdimai Malanwangbo Festival?

To celebrate our deep-rooted connections to heritage and the stories of our ancestors. This trail route, set in the breathtaking landscapes of Luangdiram, will take participants on a journey that honours the paths travelled by those who came before us, from Makhel to the present dwellings, celebrating the history that integrates the rich cultural narratives that have shaped our cognate communities - Liangmai, Rongmei, Zeme, and Inpui.

“...departure at Makhel, they traversed mountain ranges, crossed rivers, (and) found shelter at Ramting Kabin, established Nguangphungning village, and finally developed and attained civilization at Makuiluangdi....The journey is not only about remembering history but also about recreating and reimagining the ancestral trail of our forebears—while embracing adventure, fitness, fellowship, and cultural pride among adventure seekers and health enthusiasts.” <https://luangdimai.org/mf-2025/ancestraltrail/>

“Embrace your connection to the past, celebrate your heritage, and stir your spirit through this transformative experience on the Ancestors Trail.”

Trail Run with a difference. More Than A Race

The runners will engage in mindful exploration that fosters self-discovery while honouring traditions passed down through generations from the cognate communities—Liangmai, Rongmei, Zeme, and Inpui during the trail route, while they combat physical endurance.



What Is A Trail Run?

A trail run is a race run on tough terrain with varying elevations, through forests, or mountains, rather than on paved roads, offering both challenges and scenic rewards. Trail running is

popular among enthusiasts who appreciate the connection to nature and the physical demands . It combines fitness with adventure.

History Of Trail Running

Trail running dates back to early humanity when running was crucial for survival, whether for hunting or migration. However, the sport as we know it today started gaining popularity in the late 20th century, especially during the 1970s and 1980s. Notable ultra-trail events include the Western States Endurance Run, UTMB (Ultra-Trail du Mont-Blanc) (2003), and Moab 240 (240 miles). Closer home, we have the Khardungla Challenge (72 kilometres), an ultra-run across the world's highest elevation, which tests physical strength, mental stamina, and determination in one of the 'most stunning yet challenging locations on Earth.'

Tat-Kum-Pak-Kum: Ancestral Technique

The most effective trail running technique of modern times has been practised by our ancestors for millennia. The Tat-kum-pak-kum, a combination of walking quickly and slow running, has been identified as the most efficient method for conserving energy. Our ancestors, when they go to their respective jhum fields, employ this technique.

Run to Remember. Run to Preserve.

This isn't just a trail run; it's a message that our history matters and that the best runs are those with a purpose—each journey taken with intent leaves a lasting impact. Be a trailblazer and make this journey a vital part of your family's heritage.

Story To Pass Down To The Next Generation

Participate in the Ancestors Trail Run from Makhel to Makuiluangdi and create enduring memories to share with your children and grandchildren. This historic event offers a unique chance to immerse yourself in the rich stories of your heritage while running past ancient villages, and community landmarks. Share your firsthand experiences, with the next generation.



Bragging Rights

Be among the first to complete this inaugural run. Proudly display your finisher's medal. Frame and mount your beautiful certificate to commemorate this achievement.

Are you fired up to give it a try? Head right over to Luangdimai Citizens' Website to register for the trail run.

<https://luangdimai.org/mf-2025/ancestraltrail/>

Registration Fee: Rs. 200.00

What you will get: Dry fit running T-shirt

For finishers: Medal and Certificate